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# SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



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crunch**  
Consistency  
serves up hugs  
as baby treats  
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MONDAY, MARCH 25, 2013

COPISTOGA COLLEGE, KITCHENOL, ONT

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44TH YEAR - NO. 21

## Making dreams reality

### KW Princess Project grants wishes, one princess at a time

BY KATHERINE MILNE

It seems fairy godmothers do exist.

For many girls, there is a chance to put on something glamorous and dance the night away. But for many who can't afford the cost associated with such a costume, even something as simple as a dress can make all the difference. That's where the KW Princess Project comes in.

The project, which can be found at minor all over North America including Kitchener and Waterloo, is about providing girls, and their families, with the opportunity to get their dreams to grant wishes on the community who could not otherwise afford them.

Katherine Latimer, owner of Glens Boutique and Salon in downtown Kitchener, is one of the project's key staff members.

Latimer and her team put on board right away promoting the project to customers while offering them a 15 per cent discount on more machines used in exchange for a pretty used costume.

"Sometimes special occasion dresses, whether they're a formal dress or a prom dress, are more than once and they end up in the closet," she said. "There's no money girls out there who can't afford a dress and they take out on something like prom because of it."

Even though many people appreciate a decent costume,



Latimer said, the majority are not happy to give.

The KW Princess Project accepts donations year round. Dresses can be dropped off at Watson's Sports Boutique at 600 University Ave. E., Waterloo, Glens Boutique and Salon at 67 King St. W. in Kitchener, or at The Shoe Store at 100 Kitchener Ave. Kitchener.

With over 500 dresses donated so far, Latimer said that over the project is expanding to include things like shoes, accessories and even make-up. "We've started trying to branch out and do something where we're actually receiving some funds," she said. "Not only do these girls need a prom dress, but sometimes there's a talent involved as well."

In an effort to further encourage donations, the KW Princess Project will be looking for donors to Kitchener, where local news tonight at The Museum in downtown Kitchener.

For more information on how you can donate, contact the KW Princess Project at kitchenerprincessproject.com.



PHOTO BY KATHERINE MILNE

Katherine Latimer, owner of Glens Boutique and Salon in downtown Kitchener, is just one of many fairy godmothers helping to make a difference in the lives of underprivileged teens.

## CSI president passes on the torch

BY KATHERINE MILNE

Each year, someone is given the opportunity to lead Copeland's Interfraternity Council (CIC) and make a difference in the college. Starting this May third year marketing student Jason Wright will be that person.

Wright was elected as CIC president by current president Jason Byron, the third of four presidents and a new student election committee in February.

CIC took a new approach to the election process this

school year. Until recently, you had to be a CIC board of director to run for president. It was approved by the board last year to change that requirement, opening the position to all students.

"We wanted to open the opportunity for students as a whole because many students may want to get involved and may be a good leader as well," Byron said.

Wright and Wright will have an advantage, because he won't be a part of the organization as a board of director and will be coming in with a fresh eye.

"It's all about new perspectives," she said.

"To be eligible to run for president, candidates have to be 18 years old or over, have a 70 per cent average or greater and graduating or taking a year off from full time studies after a full-time job."

Next they have to prepare a presentation and put together a package that includes their resume, cover letter, and a platform statement. They also receive and must read an in-depth description of what will be required of them if elected. After they complete

the package, they move on to a 60 minute question and answer segment.

On Feb. 13, a selection meeting took place. The decision on who would become the new CIC president was made by Byron, the seven current members of the board of directors and the seven students on the new student election committee.

At the meeting, candidates had to make a 15 minute speech on why they should be elected. Then, they were asked questions for 60 minutes on everything from po-

litical interests to professional and academic background.

Byron said they received the committee because they wanted the collection of a new president to be fun and having seven unbiased people who are also interested in bettering the student experience ensured that.

After the questions ended, the directors, members and Byron took a final vote. To be successful the winning candidate had to receive 10, 50 out of the vote.

SEE SPOKE PAGE 2

## Now deep thoughts ... with Conestoga College

Random questions answered by random students:  
If you could transform into any type  
of transportation, what would it be?



"A sports car because I  
am driving fast. I've had a  
few speeding tickets in my  
day."

**Brandon Macklin,**  
second year  
accounting

"A plane because I would  
be able to get places  
quickly."

**Shawn Fitzpatrick,**  
third year  
electronic engineering



"A Vespa just because I  
think they are really cool!"

**Marvin Silva,**  
third year  
electronic engineering



"A tank because they are  
powerful."

**Josephus Masello,**  
first year  
international business



"A Bugatti because it is one  
of the fastest cars in the  
world."

**Colleen MacNeil,**  
first year  
international business



PHOTO BY WENDY HAYLEN

Lynnne Milnes (left to right), Carla Perrele, Colby Enders and Barbara Hanson of the Lincroite Alliance smiled and posed with their award around Spring into Spring event at the Cambridge Libraries and Archives on March 13.

## Spring into Spring chases away winter blues

### COMMUNITY MATTER

To help welcome the spring season, the Lincroite Alliance played classical music and recited poetry at the Spring into Spring concert at the Cambridge Libraries on March 13.

People of all ages were invited to classical events such as Chambered Orbits by Felix Mendelssohn and The Four Seasons by Antonio Vivaldi, as well as several poems about the transition between winter and spring.

"We want to show people that spring isn't just snow, ice, ice cream," said Barbara Hanson, who plays chamber on the Lincroite Alliance. "It's a time in people's lives when they first experienced, as our goal is to, inspire them as much as we can."

The quartet, which also consists of Lynnne Milnes,

Carla Perrele and Colby Enders, formed in 1980 when all four women studied music in Harvard. Towards the end of their program, one of their instructors assigned students to deliver not groups and told them each group had to perform a song. The four women ended up in the same group. Each of them had an immediate chemistry with the others and then knew they wanted to perform together permanently.

This is the second year the Lincroite Alliance has held the Spring into Spring concert, which was organized by Karen Murray Hogg, the cultural and special events planner at the Cambridge Libraries.

"This concert is very powerful," said Murray Hogg. "I made sure they performed at the library because they

have a way of connecting with people which I think is very important."

The Lincroite Alliance want people to walk away feeling optimistic about their future after hearing classical music pieces about springtime, and being told stories about what the season truly means.

Typical performances by the quartet usually consist of one theme or one story and song that are played all the way through.

"This winter can be a long season for some people, so our quartet wants to make this transition to spring happy and cheerful," said Milnes, who also plays the clarinet in the Lincroite Alliance. "It can be really hard to shake all those emotions, and we want to make it a lot easier for people to do so."



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# Student president job not to be taken lightly

BY TIM HOLT

Dyane said she was surprised and happy with the election process. However, she notes that some was the nature of people who applied. There were certainly other people who pursued the role as president, but two of them dropped out after discovering it was a full-time job. It ended up being between Wright and a member of the board of directors Dyane believes this means the square team will be stronger people may have not known enough about what the job entails.

As for the board of directors, there are normally eight people chosen but only five applied this year. The board and Dyane are currently deciding how they want to fill the three remaining spots.

Dyane, whose term ends in April, and her team as president was an amazing experience and that she couldn't have asked for anything more.

"It's taught me what I want to do for the rest of my life. I am being a voice for the people who just didn't really have one. More specific, being a voice for students," she said.

Dyane will bring proposals of CSD as a group way for young students to learn the process of a business but in a very cool environment. She said she got to learn about business practices, government and how colleges work.

It's not just business, it's also fun for anything that the real world throws at me," she said.

In addition to being president of CSD, Dyane is a part-time student in the law firm management program and president of the College Student Alliance, an organization which advocates on behalf of 125,000 college students on issues such as tuition and affordability.

In order to take on the role as president, Dyane had to put her education on hold. She completed two years of her three-year program and then enrolled in part-time. She will be returning in September to finish her third year.

Once she walks across the stage at commencement and is handed her diploma, she is putting me up and moving to Ireland. Dyane is an Irish-American and her family resides there.

"It's my home," she said.

She will be continuing school in Ireland, studying in the school of business degree program and then a master's program.

Someday Dyane hopes to be chief of staff to the prime minister of Canada.

"I feel like nobody dreams big anymore and I'm just going to dream big for everyone," she said.

Looking back on her time as president, Dyane said she is proud of how much CSD has grown in the past two years and of creating a team that is 100 per cent here because they love CSD and want to better the experience for students.

"The most proud of how much we've been able to expand to represent more students and not just those," she added.



PHOTO BY KATHY HOLLAND

Current CSD president Cassi Dyane (left) with newly elected president Jessica Wright (right) before last year's election on May 1.

The organization now has placement space on all four campuses and is looking to expand the new student services.

Although Wright will be taking over as president on May 1, Dyane will remain at CSD for two months to train and help turn over into her new role.

Dyane says Wright has a professional demeanor but is nice and easy to approach. She said CSD's biggest problem is drawing out from its communications with students and once he is in, he can communicate them, he could bring innovative ways to solve that.

"He has big ideas that he wants to bring forward and they do line up with the strategic direction of the organization. He thinks that anything can be possible and that's what the president should

think," she said.

The 20-year-old said he is nervous and excited to be president. He also reflected on his own work and says he has instilled in a student as he progresses in these. He hopes to bring student issues to the forefront and help solve them. He said the biggest challenge will be prioritizing the issues that students bring to his attention. As he says he decided to focus on Wright and it was his number of important issues.

"Honestly, it was the experience that went along with the position, as well as being able to come on as a student and know what he is. And having that I saw first-hand on the type of issues that my fellow classmates and fellow students have witnessed over the past few years," he said.

Wright and Dyane have done a great job as the president and is impressed with her work.

"She has given a solid future president a great framework and foundation to put, someone to build on," he said.

Although he isn't a member of the board of directors, he has played a part in the organization. He previously worked as a CSD employee, took leaders for two years at the Waterloo campus and is currently a bartender at the Menger Pub in the Sanctuary.

Dyane's biggest piece of advice for him is to make the position his own and to not try to be like her or any of the presidents.

"If he thinks that something is right, he needs to make sure he trusts himself and he doesn't doubt it. He needs to have that confidence," she said.

## Mentalist wows Sanctuary audience

BY MICHELLE KRAMER

A day that started in Los Angeles ended in Nashville as Wayne Hoffman, mentalist and illusionist, flew in and performed at the Sanctuary at Cosgrove College March 14. With a 10 a.m. flight to Miami Hoffman made quite a bit.

There is a crowd here outside of Nashville. Hoffman has a show in it, he is a musician and he's the world. They've told him he was crazy. The father, now his biggest fan, told him he needed to get a real job. Cosgrove is just one of these crazy places he would have never visited, had he stayed.

Why might you yourself? What is a mentalist? The elite audience people have in the TV show, The Mentalist. According to Hoffman, a mentalist is someone who uses psychology and human behavior for entertainment. They manipulate the mind and do

demonstrations that appear to be psychic, using their long, complex program along with a lot of hypnosis and reading body language.

Although he barely appears more than 25, Hoffman has been performing for over 20 years. His first paid show was in the age of 15 and he has been performing professionally for 12 years. He's the only job he ever had. Hoffman started as a delight of hand artist and then an illusionist. At the age of 18 he went to university to study psychology. The speaker has turned to mentalism.

"The downfall is, there isn't a mainstream life course, so you really have to do your own self-study. I left school to do my own research," Hoffman said.

He chose not to have any psychic ability, but rather highly trained senses. Because of what he knows, Hoffman is skeptical of anyone who claims to have psychic ability.

"I can reproduce anything that a psychic claims to be able to do without supernatural powers."

During his Cosgrove performance, Hoffman had two all-time stand on stage with their eyes closed. When he tapped one on the back they both felt his touch. He also used a Sharpie marker to make an X on the man's wrist, only to have it appear on the other.

For his final trick Hoffman, unannounced, retired and revealed a box of pop he had originally opened and drank from throughout his performance, all while the audience watched.

Audience member and sponsor of the act of pop, Stephen Bennett, a first-year public relations student, said, "Amazing, word took over here. The man is an illusionist before he ever takes a step."

For Hoffman the most amazing part of what he does is getting to meet all



PHOTO BY KATHY HOLLAND

Mentalist Wayne Hoffman performs audience member (Steph Bennett) for a mind-blowing trick in the Sanctuary at March 14.

kinds of people from all over the world. To date, he has performed in 44 countries and is about to embark to his 45th - American dream country he didn't even know existed. The best part he says is watching people's reactions, watching people think and after seeing him perform.

He has appeared on a num-

ber of shows such as The Ellen DeGeneres Show, The Tonight Show, and has written a book.

What does the future hold for Hoffman?

"Well, I'll have a family, a home and I'll still be performing. I'll still be performing till I can't physically move anymore," he said.

## New Pope for new generation

[illegible]

White smoke rose from the Sistine Chapel in Vatican City on March 13, marking the election of a new Pope, and possibly the beginning of some much-needed changes in the Roman Catholic Church.

Jorge Mario Bergoglio from Argentina was elected and chose the Papal name of Francis in honour of St Francis of Assisi, who is known as the patron saint of animals and the environment and who chose to give up his worldly life to live a life of poverty.

That new Pope also witnesses the simple life. According to [www.guardian.co.uk](http://www.guardian.co.uk), Pope Francis, the son of an Italian railway worker and a housewife, likes to travel by bus, sleep in a small bed and eat of a formal bishop's residence, and he told Argentinians not to travel to Rome to celebrate if he were appointed but, as always, to stay close to their own people.

It also offers a complete, real-time comparison, either manual or automatic, of a child's

His election marks some limits for the church, leading people to less cautiously optimistic about some possible progress in the old Embarked ways. Pope Francis is in the third page for he is almost, the first to come from the Americas, and the first to come from the Southern Hemisphere.

According to guidelines on Aids, Pope Francis has said he believes that adoption by homosexuals is a form of discrimination against children, but that he also believes that adoption "can be permissible" to prevent infection. Although he is condemning no sinners directly, Pope Francis has also ordered priests who refuse to baptize babies born to single mothers.

Although he is head of the Catholic Church, Pope Francis is showing some sympathy toward the general beliefs and practices of many modern Catholics. Although allowing marriage or baptism for babies born to single mothers are small steps, they are steps in the right direction.

For the *Outlander Channel* to have a leader who is not just, more, the same, changes to a profitable long term.

It won't be tomorrow and it won't be next year, but those positive signs mean, hopefully one day, the Catholic Church will recognize it is in the 21<sup>st</sup> century and finally embrace change.

The circuit board exposed the position of the transducer and, not necessarily the surface.

Age Group	Total (%)	Male (%)	Female (%)	Unknown (%)
18-24	12.5	13.2	11.8	12.0
25-34	28.3	29.1	27.5	28.0
35-44	24.7	25.3	24.1	24.5
45-54	18.9	19.5	18.2	18.8
55-64	10.2	10.8	9.7	10.0
65+	6.4	6.9	6.1	6.3

**Keywords:** *adolescents, adolescents with disabilities, adolescents with mental health issues, adolescents with physical disabilities, adolescents with social skills deficits, adolescents with special needs, adolescents with social skills deficits, adolescents with special needs, adolescents with social skills deficits, adolescents with special needs*

Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. Unassigned letters will not be published. Letters should be no longer than 100 words.

**TABLE 1**

Send us your letter by e-mail to [www.spokenonline.com](mailto:www.spokenonline.com) with the subject line "Letter to the Editor," or bring them to Room 1130 on the 11th floor.



## Homophobia brings world of hate

Technology enabled the lower rate of mortality and therefore:

**Hate is an ugly and fearful emotion that burdens a pre-determined fate. People say that the deepest moment pain more of a burden on you than there, so it, actually runs up both hardship and energy that could be turned on good.**

It takes almost no effort to bend spoons at someone's elbow to landing a paper cup into a haphazard, you're miles away and have moved on while some sorry sap is left to pick up the mess.

“I’m that guy.”  
“Whoa! I was a stinking-faced kid! I had a freckle. On the forehead. We were the same—two little guys with nothing better to do than throw rocks into ponds and goggle about hope. My brother went to the same school, got flunked, probably was in the same summer baseball and we both loved each other’s company.”

His speech rose, an typical little-guy-in-luck, playing imaginary games under blankets, hot bats and dreaming of what one day would bring—my grand guy, meet a lady and get married.

Each time it was no simple Turnabout, dear, dear me.



were very different. The boys  
we were whispering about  
held hands every now and  
then and eventually I reali-  
zed I was different. I grew  
up and fell in love with a  
woman. My life took me place  
as I never thought it would.

Her life brought her the  
love of another man and was

Last week our paths crossed for the first time in almost 10 years. That encounter was a torrent of risk and deepening wounds. Disruptive and angry signs buried in me for simply extending my hand in friendship after years of pain and abuse.

U.S. servers experienced record usage during the week of Oct. 26.

The person, that stronger, changed me. Being straight isn't normal. It's not 'right' in any 'wrong' it's just more common.

Source: <http://www.fishbase.org>

On ordinary I buy groceries and do the dishes with my friends, we argue and sometimes we go to sleep on the couch. We read the paper on the weekends over coffee and watch movies on our computers and sometimes we sleep down in the living room. We live a normal life with the ordinary and wonderful moments of commitment. I say my best to make my come-to-be wife happy because she is the most important part of my life. *—Anthony 38*

Who hopes to have children soon, and I wonder now what fate they may find? What will be taught to their future characters by women like my former friend? How will I teach them that love, of my kind, is not only more power but more saneness than a love that only may be love in kind?

It is often said that there is a fine line between love and hate, but I'll tell you right now that is not love. Hate, in its purest and most raw form, is a shock and something that is nothing like the love I have in my life.

**SPONE**

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# Easy Cheesy

Cheese is an easy and healthy snack to feed your hunger

## BY ANASTASIA KOSTER

Cheese comes in many forms and varieties including soft, spreadable cream cheeses, cheese dips, hard cheeses and even extra spicy ones.

Most people enjoy cheese, but it can sometimes be difficult to tell which cheeses are good for you and which ones you should avoid.

Luckily, some of the best cheeses for you are those that are rich in calcium, such as cheddar which has a particularly high calcium count, mozzarella which is low in calories when compared with other cheeses, and Swiss which has the added bonus of a lot of vitamin B12. Overly processed cheese spreads and sticks should be avoided.

Cheese is most typically made from cow's milk but can

also be made using the milk of other animals such as goats, sheep, reindeer, camels or yaks.

It is made by separating the milk and then adding an enzyme that causes it to coagulate or clump. These clumps are the cheese curd, which in some cases can be used just as they are for certain foods such as pasta. More often, however, the cheese curd is separated from the liquid and pressed into shape, sometimes by hand, and sometimes with the use of a mould.

Kristin Pollard is a nutrition student at the University of Northumbria and has a lot to say about cheese.

"Cheese is great but only in small amounts. It is high in fat, but it's also high in cal-

cium and vitamin A so it's not all bad," she said.

Pollard added that it can be better to eat cheese with a stronger flavour. The extra salt of the flavour makes you want to eat less of the cheese, and, therefore, there is less of a risk for cardiovascular disease.

Cheese can contain a large amount of nearly 600 calories. When viewing the statistics you can sort the cheese alphabetically by name, by country of origin, by type of milk, or by texture.

The site also contains helpful tips on how to serve and store cheese, and what cheeses go well with what wines.

Cheese can even have some cardiovascular benefits for how to eat certain cheeses properly. They suggest cutting cheese wheels in wedges like you would cut a cake, and cutting around cheese lengthwise instead of across. They also suggest that you eat a triangle of cheese (which is a wedge) rather than a slice, as it is easier to chew. It is best to eat it horizontally to make it easier to chew.

No matter what cheese you are eating they say the most important thing is to enjoy your cheese and eat it on the inside of the cheese.

Pollard also notes that many products that are marketed as cheese should not be considered as real cheese as they do not use real enough actual cheese and are mostly comprised of other ingredients such as salt or sugar.

For example, the nacho cheese sauce served at some movie theatres like cheese is so thick, it's important just ahead of preparing popcorn.

"Another healthier way to have cheese is to go with the low fat varieties, you still have to use moderation though," Pollard said.



STOCK PHOTO

A triangle of cheese (right) is a wedge of cheese (left) to tell them it is white. Dipnets recommend cutting a triangle of cheese by slicing it horizontally to make it easier to serve.

## Hot Cheese Balls

### Ingredients

- 1 cup (240 g) Canadian cheddar cheese, soft
- 1 cup (150 mL) goat or Canadian Cheddar cheese in liquid
- 1/4 cup (60 mL) sour cream
- 1/2 cup (120 mL) finely chopped green onions
- Few dashes hot sauce (optional)
- 1/2 cup (60 mL) finely chopped herbs (optional)

### Preparation

Remove cream cheese from fridge half an hour before you're in a hurry to eat. In a medium bowl, using a spatula (or electric mixer), mix the cream cheese, grated cheddar, sour cream, green onions and hot sauce until well combined. Press into 12-14 balls on a serving tray or plate, then cut in the chopped herbs. Refrigerate for at least an hour or overnight for best flavour. Serve with the balls with crackers for serving and dip in!

Source:  
[www.dailymagazines.ca](http://www.dailymagazines.ca)

## Cheese Fondue

### Ingredients

- 3/4 cup (180 mL) unsalted apple juice
- 3/4 cup (180 g) grated Canadian Swiss cheese
- 1/2 cup (120 g) grated multi-cream Canadian Cheddar
- 2 tbsp (10 mL) corn starch
- Ground black pepper to taste
- 2 to 3 tbsp (10 to 30 mL) fresh chives, chopped (optional)

### Preparation

In a medium pot, bring the apple juice to a full, low-medium heat. Mix the grated cheeses with the cornstarch, making sure the cheese is well coated. Add the cheese to the medium pot gradually and let them melt while stirring continuously with a wooden spoon. Add pepper to taste and the chives. Serve immediately with bread, mild cuts, vegetables and fruit.

Source:  
[www.dailymagazines.ca](http://www.dailymagazines.ca)



STOCK PHOTO

Swiss cheese has holes in it due to a specific bacteria that is used during its creation. This bacteria releases carbon dioxide, creating bubbles in the cheese. When these bubbles pop, the cheese is left with holes.



PHOTO BY ANASTASIA KOSTER

Although it is quite tasty, movie theatre nacho cheese sauce contains way more actual cheese. Cheese is listed as the fifth ingredient, just ahead of jalapeno peppers.



A young boy gets a bird's-eye view of a horde of crickets at the Cambridge Butterfly Conservatory where children and adults alike get to sample some insect treats. **PHOTO BY BOB HARRINGTON**

# It's dinnertime, so don't bug me

BY BOB HARRINGTON

The chef at Cambridge Butterfly Conservatory was busy preparing sweet samples for kids of all ages during March break. But don't expect to see any of the treats to be prepared on the menu of any fine restaurant in town anytime soon. Crickets are great food, salt water taffy isn't, and maple ice cream helps just don't cut it at these establishments.

However, at the Butterfly Conservatory in Cambridge, those treats were just what the kids ordered. They were offered up during its annual BugFest, and as usual, drew large crowds of kids

and adults who clamored for an opportunity to show their sense of adventure while denouncing some creepy crawlers. In its 13th year, the second event of the bug-pet event of the year, aimed up to Audyenne Tollenare, an employee at the Butterfly Conservatory.

"It's only here in North America that eating bugs is strange. If you grew up in one of the 90 countries around the world where eating bugs is normal, this wouldn't be said at all," Tollenare said.

Eating insects, also called entomophagy, is more common than people may think. Insects have served as a food source for people for tens of

thousands of years. Insects remain a popular food in many developing regions of Central and South America, Africa and Asia. It is estimated that there are 1,617 species of insects and crustaceans that are eaten by humans on a regular basis because they are readily available and highly nutritious. Insects can be a good source of not only protein, but also vitamins, minerals and fats. For example, crickets are high in calcium, and termites are rich in iron. One hundred grams of most cultivated moth larvae provide 130 per cent of the daily requirements for copper, zinc, iron, thiamine, and niacin.

The insects used at the conservatory have to be fed a specific diet of oats and sweet potato so that they can be served at BugFest. The chef then roasts them all in butter and prepares them in their delicious, smoked state before serving them to the kids on-hand.

For the more adventurous kids like 10-year-old Jordan Bayle, there were also live mealworms available to devour. If you could stand the wriggling around while dropping them in your mouth.

"It's not that bad. Was a big, ugly and really crunchy," Bayle said.

Once the kids were done

sampling their bug treats, visitors were invited to enter a lucky wheel contest at the conservatory and make amongst thousands of free flying butterflies. At the conservatory window, visitors could watch as butterflies emerged from their chrysalides shed their wings and prepared for their very first flight.

Albeit all while a preschooler kids and adults looking for an escape from the cold weather. The Butterfly Conservatory is located at 2040 Roswell Rd., Cambridge, and is open seven days a week from 10 a.m. to 5 p.m. Prices range from \$25 for adults to \$9.75 for kids. For further details call 603-663-1234.



No longer a shimmering caterpillar, a butterfly emerges from its chrysalis at the conservatory window.



Jordan Bayle enjoys a live mealworm at the BugFest on March 24.

# Rainbow Reels celebrates diversity

BY BRAD SCHWAB

Grody does littered with crumpled papers, crumpled notes, crumpled ideas and the crumpled of better in the air on the floor for The Rainbow Reels Queer Film Festival at Peninsula State Cinema in Waterloo.

Filling theaters for the 13th year, the festival aimed to entertain, educate and educate patrons and supporters about the lives and issues of the lesbian, gay, bisexual, transgender and queer (LGBTQ) community.

"Most often that you don't see LGBTQ people — they show people in more narrative relationships or with more narrative situations," said Seth Tink, the 2013

project coordinator. "This is a celebration of being queer as well as a way to make it more widespread and open for everybody."

Running from March 22 to 25, the festival presented 11 handpicked movies ranging from a comedy called *Codpendent Lesbian Space Alien Set to Sea*, to a documentary about Audre Lorde, a lesbian feminist who played a key role in the Afro-German feminist movement.

"They're not all gay, they're not all lesbians, they're a variety of different queer narratives," said Tink about the movies, adding choosing them is a fun but time-consuming process.

Organized by the Waterloo Public Interest

Research Group, a social and environmental justice nonprofit organization, entrance fees are not for monetary gain.

"We're really lucky that there's supported by a lot of local organizations," said Tink. "We and students to cover our costs and that's it."

Organizers are committed to making film both those who identify with LGBTQ, lots of students and a wide array of people come through the doors every year.

"This kept going because it's become important to a lot of people," Tink said.

The celebration really began on March 24 with a screening of a comedy called *Grody* and a gala that followed in the Canadian Clay and Glass Gallery.



The Rainbow Reels Queer Film Festival featured 11 movies which celebrate the lives of those who are LGBTQ.

## The not-so Great and Powerful Oz

BY JAMANA BROWN

The not-so Great and Powerful Oz is a story of the Wizard who is the 1939 classic. In the newly released sequel to the 1939 classic, *The Wizard of Oz*, viewers return to the land of Oz with excitement.

It opens in a dark, black and white, and is well developed as they could have been. In the newly released sequel to the 1939 classic, *The Wizard of Oz*, viewers return to the land of Oz with excitement.

After a short time, Oz is shown by a powerful force who, unbeknownst to her, is the great wizard. Oz is shown by a powerful force who, unbeknownst to her, is the great wizard.

Enter the wizard that Oz is shown by a powerful force who, unbeknownst to her, is the great wizard.

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Ramona Brown, director of *Oz the Great and Powerful*, and her team knew for the *Spide-then* technology, things in the perfect world, things in the perfect world, things in the perfect world.

A movie that had great potential was a real letdown to some fans of the original.

The scenes were very dramatic, and the scenery was very dramatic, and the scenery was very dramatic.

The film proved to be a good film in its own right — it is much more complex than the *Wizard of Oz*, and what it lacks in narrative, it makes up for with special effects — but it almost seemed to be a bit of a disappointment.

On the other hand, the film and the viewer is introduced to a new world, one that is much more complex than the *Wizard of Oz*, and what it lacks in narrative, it makes up for with special effects — but it almost seemed to be a bit of a disappointment.

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### COUNSELLOR'S CORNER: Stress and Stress Management Part 1: What is Stress?

Stress has become part of our everyday vocabulary.

Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to act (remember that clutch angle that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane, some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

A Message from Counselling Services



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PHOTO BY STEVE SCHWARTZ

Members of the Kitchener Ice Pirates await their final game of the 2014 Special Hockey International tournament at the Kitchener Memorial Auditorium. The visiting Pirates were one of 40 teams competing in the special event for players with special needs which ran from March 14 to 25.

## Kitchener hosts international tourney celebrating special needs hockey

BY STEVE SCHWARTZ

On an autumn weekend in 1994, a group of developmentally challenged hockey players gathered at a community rink in St. Louis, Mo. for the inaugural Special Hockey International (SHI) tournament.

Nearly 30 years later, Kitchener played host to what has become one of the largest celebrations of special needs athletes in the world.

Held from March 14 to 25, the event featured 60 teams and nearly 1,000 players from across Canada, the United States and England. Over the course of the three-day tournament, a total of 132 games were played at the Kitchener Memorial Auditorium and the Delta Sportsplex.

John Thompson, chair of the tournament's host committee, admitted he had no idea what he was getting into when he agreed to spearhead the organization of the event nearly four years ago.

"Like a lot of people, I didn't really know anything about special hockey," he said. "But once I learned a little bit more, it was something that pulled at my heart, things going wrong, and I knew I was made to be involved."

Adapted specifically for players with developmental delays or special needs, special hockey varies from the traditional sport in several ways.

There is no contact, no racing and no offside. There are no timeouts. The emphasis is not on winning and losing, but on making friends and hav-

ing fun.

Most importantly, special hockey tournaments are age and ability level. Participants as young as five years old may face off against fully grown adults, and individuals new to the sport may share in an entire game with the assistance of an on-ice role.

Thompson, who was a member of the city's Memorial Cup organization committee in 2008, said planning the SHI tournament, presented its share of challenges.

"It was a significant learning experience for all of us to understand what the word special means in special hockey," he said. "From here we learned and educated our guests to how we did everything, we knew we had to approach this differently than it was a business trip-like tournament."

That approach included a number of unique office gestures, which Thompson referred to as "new traditions."

The biggest addition to the year's tournament was Hockey (because a series of collisions during the course of the first period, coaches, benches and spectators could do everything from feel an outpouring of love, simply at a silent gesture to test the speed of their display or sing hallelujah).

Each team also had a local sport celebrity come to the homecoming ceremony and a local rally team — a group of citizens who cheered them up as the opening ceremony and all of these games.

All 194 players also received pocket-sized gift bags before

their first game and sharp postgame media follow-up three last.

"We could have thrown these kids on a pond at St. Jacobs, set up two nets and they would have had a great time," Thompson said. "But we really wanted it to be about more than just the hockey."

Equipped with a team of more than 200 volunteers, Thompson said he began preparing for the event nearly a half year in advance. His objectives from the outset were simple.

"We wanted to put on the best tournament we could, and we wanted to make sure everyone about the sport at special hockey."

Karen Corp, director of special hockey operations for the Kitchener Special Hockey Association and both of those objectives were achieved "on fold."

"All weekend, I heard nothing but good things," said Corp, who also serves as general manager of Kitchener's Special Needs team, the Ice Pirates. "I feel honored to have been a part of it. I can only say a member of the Ice Pirates, but also a member of this community."

According to Corp, the tournament was so beneficial to the general public as it was for the participants.

"I think that will help others understand that people with developmental delays are able to do things, that they're capable of playing sports," she said. "I hope this hockey tournament will leave behind."



## Condors badminton club caps competitive season

BY MIKE VIELAND

The last of the shuttles has been smashed as the Condors' badminton team wrapped up its five-month-long season on March 7 and 8 at the Knapdale at Midland College. Michael Ryan, coaching his third year of collegiate-level athletes, sent 10 players to tie in on the best of the OCAA West region in an attempt to make it to Vancouver.

Ryan said, "There were mixed results with some wins and some losses but overall the team did extremely well in Kelowna. Unfortunately, not quite well enough to get to Vancouver."

**44 There was a lot of good camaraderie and it was a pleasure to see them as a unit, cohesive team at the end. 33**  
— Coach Michael Ryan

There were 14 players each on the male and women's singles, doubles and mixed teams each at the three double pools. Only the top three from each pool advanced to Provincials.

That's all in the past now, as Ryan is already concentrating on new money for next season. "Next year I plan to work on conditioning right off the bat instead of focusing on trying to determine which players to put on. Once everyone is up to par on strength and stamina, then I will start with the fundamentals and continue to build from there."

He said he found that as much how skilled some of his players were, they were more prone to injury because they were missing some key fundamentals and lack of proper conditioning.

It is difficult to condition new players, teach them the key fundamentals and consistently push them to improve

in a short period of time with limited gym time and some travel prior commitments from players.

Ryan, who has been playing badminton for almost 30 years, knows it takes more than a hint to make an impact as a team and was determined to see how close his team became during the season.

One of the most things from the season is how well the team came together. There was a lot of good camaraderie and it was a pleasure to see them as a unit, cohesive team at the end."

Ryan, a coach, other sports teams to play avoid out-of-control schedules of practice and game times to really bring everyone together as a unit, single unit. He said once the team members got to know each other better, it made them less likely to panic out each other's strengths and weaknesses during practice. He said that spirit helped his team tremendously.

Ryan believes only one or three players will be returning next year, as he is concentrating anything with a slight interest in badminton to come out for the team. However, Ryan means business and expects wants to have a competitive team next season.

"I see looking the players who are dedicated and are ready and willing to learn. Badminton is very much a game of skill, hand-eye coordination, speed, strength and endurance and it takes a lot of these qualities to be successful."

Ryan importantly, he is strongly urging students to come out. He said sometimes they couldn't find a complete team because there weren't enough members available because of prior commitments and other reasons.

"I am very proud of all the team members for their commitment and dedication and all their hard work. I think it was a learning curve for all of us and I thank them for what they did. The information I gave to them and being patient with us." Ryan said.

# The visually impaired have to fight for rights

BY JESSICA MCGILL

There is this fixed understanding of a *flourpant* across an actual impairment and what it is like for the people living with it.

In what world is it acceptable that 75 per cent of work done by people are actually working work that they know they will never find? The answer is no world.

That is the case for blind and partially sighted people in developed countries and it is one of the primary focuses of the *Blind Union (BNU)*, the umbrella organization for all blindness organizations in the world.

BNU strives to improve the quality of life for visually impaired people through the support of global and local initiatives that focus on creating equal opportunities for education, overall safety and employment.

One of the primary focuses of BNU is an initiative called *Right to Work* which focuses on bridging the employment gap that has been created by a lack of meaningful positions available for visually impaired people. According to BNU, in developed countries more than 75 per cent of work done by people with limited sight is lost to a job that can sustain their lifestyle.

Monique McQuillen, managing director of development and management at BNU, says that is not an issue of opportunity, but of people's consciousness.

"People's perception is that



visually impaired people aren't in the same thing," she said, adding the jobs that partially sighted people get are often times uninteresting work such as legal work, research, teaching and insurance — but there are very few limitations on what they could do if employers took additional steps to make those workplaces inclusive.

"There can be a wide variety of jobs of interest to people with vision loss. It depends on your level of blindness because the public eye is to understand that blindness is viewed as a not either black or white," she said. "If you have some vision, you can still do certain things and anyone who wants a pair of glasses has a visual impairment that's been corrected by glasses, so they can function normally."

Some of the simple access modifications that could be made to create more positions for partially sighted people would be to install screen reading software like *JAWS* on computers, having work-related reading materials available in larger print and having more good options available when, according to McQuillen, there

isn't a lot of good public transportation for blind or visually impaired people.

In addition to the limits there are, are extremely being placed on a visually impaired person's career path. McQuillen said that even as someone as capable as a fully sighted person, can be put in, if not even hindered.

In addition to fighting for the right to work, BNU focuses on one of the foundations of being employable — learning.

Right to Work is an initiative that focuses on putting books in the hands of visually impaired people across the world — something that McQuillen explains isn't as simple as it sounds.

"Even though the Canadian National Institute for the Blind creates a lot of English Braille books and materials, we can't stop them to ensure English-speaking countries because there's copyright infringement," she said, adding that book format affects a person's ability to be related and literate in society, making the process less feasible.

According to BNU, over 80 per cent of all published material cannot be converted to be read by blind or low vision people due to their copyright status.

BNU's overall mission is to make society more accessible and inclusive.

One of their most recent successes has been securing a new amendment that was



PHOTO BY JESSICA MCGILL

Twenty per cent of books and reading materials are not accessible to people with low vision due to copyright protection law.

adopted by the European Parliament in early February that requires our manufacturers to adapt their content materials on electronic and hybrid cars with an *Automatic Vehicle Alerting System* that ensures the vehicle can be heard by people with sight loss.

According to a press release from the European Blind Union, the crash rate of when vehicles is twice as high as that of cars with minimal car features systems when starting slowly, stopping looking up or entering a parking space, which puts not only visually impaired, but all pedestrians at risk if they are not paying attention.

In addition to this progress, the UN Convention on the Rights of Persons with Disabilities was a monumental success for not only those who are partially sighted or blind,

but people with any disability.

"People with all kinds of disabilities meet to UN headquarters in New York City and said, 'You can't make up something that talks about my rights without me in the room what my rights are,'" McQuillen said. "Nothing about us without us was their slogan."

The UN website outlines the mission of the convention as the movement from serving persons with disabilities to clearly stated and defined human rights viewing them as 'individuals' with rights, who are capable of claiming those rights and making decisions about their lives.

As long as the world gets on board with this viewpoint and people continue to fight for their basic rights, the future of those with a visual impairment is a promising one.

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